

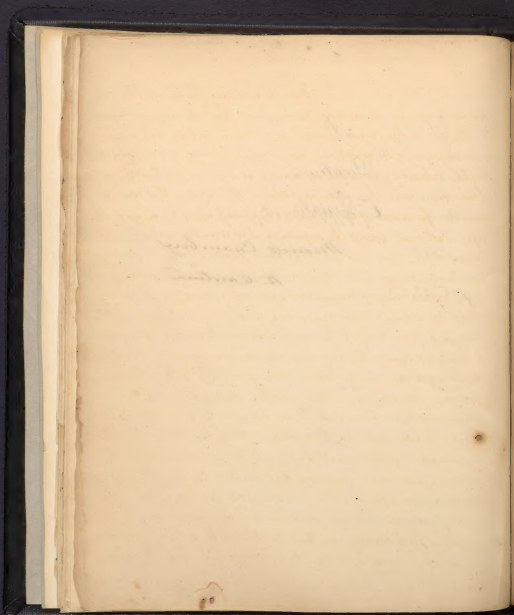
A
Treatise
on
Dyspepsia.

Wood del.

Maxwell Chambers

J. Fisher.

N. Carolina.



From the important function which the
Stomach performs in the animal Economy, and from its being an organ
so essential to life, a consideration of the Causes which tend to produce
a derangement of its operations must necessarily constitute a subject
highly interesting to medical Science. As it is upon the healthy operation
of this viscus, more than upon any other in the system, that man is
enabled for much of the pleasure & Happiness which he enjoys in this
life; so all must admit the importance, & perceive the necessity of an
investigation of its disorders, that their existence may be readily
known & distinguished, & that our exertions or attempts to remedy or
relieve them, may be conducted upon just & scientific principles.
From the intimate connexion which exists between the Stomach & every
other part of the body by means of blood vessels & nerves & from its
prominent sympathy, over them all, it is rendered liable to disease
from a greater variety of causes, than any other part of the Human
Fabric. The various morbid affections which occasionally affect this
organ, are not intended to be investigated or considered in this
Essay. But the nature of that disease which has been called by
Physiologists Dyspepsia, with the means best adapted to remedy or
relieve it, will more particularly constitute the subject of the sub-
sequent observations. As my design is to give merely a brief
history of the disease, my own ideas, together with such as I have
acquired from Authors who have written on the subject, will be
embraced as much as is any how compatible with clarity &
purity. Having delivered these preliminary remarks,

I will now proceed with the more particular consideration of the subject before me.

The first circumstance which arrests our attention in viewing the phenomena of this disease & which demands investigation, is the "pass in quæ" of morbid excitement. Upon this point several opinions have been entertained. Some have supposed it to be seated almost exclusively in the muscular fibres of the stomach, others place it in the nervous coat, while a few have maintained its existence to be principally in the blood-vessels, villous coat &c. Without adopting either of these opinions, I am induced to believe, that in every case of well marked dyspepsia morbid excitement is present in all the parts appertaining to the stomach, though the degree of the excitement, is no doubt, often very different in each of them. I take this opinion to be well founded, from the phenomena exhibited by the disease. Thus, in all the irritability, torpor, morbid sympathies & morbid secretions, together with the irregularity in the pulse, all indicate the existence of morbid & irregular action in the several parts named above. The internal connexion which exists between the several parts of the stomach, & the known influence of sympathy in every part of the body, but more particularly upon the organ, give additional assistance in confirmation of the truth of the opinion. As the shortness of my time precludes the possibility of collecting & arranging the various arguments, & facts that might be adduced in its favour, I shall for the present assume it as established, & will go on to enumerate the causes which induce it. And first of the remote causes.

These may be divided into direct & indirect, or such as act immediately upon the stomach itself & such as act through the

[The page contains approximately 25 lines of extremely faint, illegible handwriting. The text is written in a cursive script on aged, slightly discolored paper. The left edge of the page shows the binding of the book.]

medium of the system in inducing debility is the vessel. To the first
order of Causes belong, 1st Improper diet, 2^d Excess in eating, 3^d Improper use
of narcotic substance, as opium, tobacco &c. 4th Frequent vomiting, whether
naturally occurring or artificially excited. 5th The too frequent use of
sugar, acids, & other crude substances. If the second order of Causes,
then arise 1st The severe attack of an acute disease, 2^d An indolent or
sedentary life, 3^d Excessive indulgence of the venereal desires, 4th The
constant application of the mind to study or business of any kind. 5th Frequent
indulgence of the angry passion, as hatred, anger, jealousy, revenge, &c. also
the sensitive passions of fear, grief & despair, to which may best add
the depressed tender passion of love. 6th Exposure to cold & moist air
without exercise. The separate or combined action of these Causes
upon the stomach, produces in it debility, which forms its predispo-
sing cause to disease.

Among the exciting Causes I may enumerate, Heat, Cold,
distension, abstinence, &c. and indeed any of the utmost Causes,
may become the exciting Cause. These Causes acting upon an
accustomed excitability, which is the effect or consequence of debility,
produce the proximate cause or morbus ipso. This is character-
ized by the following symptoms. Thus I shall divide into primary
& secondary or such as appear in the Chyliferous vessels & such as
appear in other parts of the body from sympathy. To the first belongs
Acidity, Heat in the stomach, acrid eructations, smelation, of thin
watery Fluid. Frequent vomiting, flatulency, a rancid state of the
alimentary matter, worms in the intestines, Cholera, obstinate con-
stipation or alternations of constipation & diarrhoea, hemorrhoids the
passage of the Food through the intestines without it, undigested
aliments.

2. Of such symptoms as occur in other parts of the body. These are
vertigo, furred tongue, this is particularly observable in the morning
is an unerring criterion of a disordered state of the digestive
organs, swimming in the head, dimness of sight, pain in the balls
of the eyes, headache, an early & rapid decay of the teeth, sallow
complexion, pain in the epigastric region, this however is often absent
even in advanced stages of the disease; pulmonary consumption,
shifting pain, tremor in the hands, small cutaneous pustular eruption,
particularly about the wrists & thighs, flushings affecting the whole
body or particular part of it, the wings, palpitation of the heart,
syncope, cold feet, pulse irregular, quick, feeble & intermitting, some-
times no evident perspiration from the most violent exercise at bedtime,
copious sweat from moderate exertion, liability to be affected by changes
in the weather, great drowsiness, irregular & interrupted sleep & great
watchfulness of the symptoms which particularly appear in the mind.
There are great irritability, habitual discouragement, low spirit,
timidity, anxiety, insatiation, fickleness, fastidiousness, taciturnity,
sadness, imperfect memory, strange whims, proneness to recover,
frequent strange & incoherent dreams & lastly settled melancholy.
These are all the symptoms which I have seen, or which I have ob-
served mentioned by such authors, & I have read on the subject.
There is perhaps no case in which all these occur, yet in several
cases of long continuance, I have no doubt but that most of them
are present at some period of the disease.

An ulcer or schirrus of the stomach may sometimes be confounded
with dyspepsia; but the former may always be distinguished from
the latter, by the continuance of the pain in ulcer or schirrus, without
any excretion, & from the patient's experience no relief from such

Handwritten text, likely a letter or manuscript, written in a cursive script. The text is arranged in approximately 25 horizontal lines across the page. The ink is dark, and the paper shows signs of age, including slight discoloration and wear along the edges. The handwriting is dense and flowing, characteristic of 18th or 19th-century cursive. The text is mostly illegible due to the cursive style and fading, but some words and phrases are discernible, such as "My dear Sir" at the top and "Yours truly" at the bottom. The page is numbered "1" in the bottom right corner.

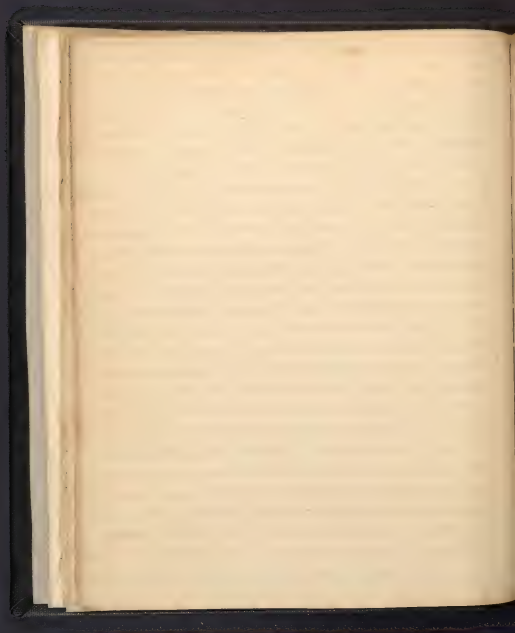
The next danger symptoms of dyspepsia, however, are in the
Stomach next to consider the treatment proper to remedy, or relieve it.

Here the first thing to consider is the vomiting, the most
distressing cause. The necessity of this indication is sufficient to show
the cannot be omitted, it is a long course in this, almost every
other disease, and always increases a the causes which induce it
are allowed to continue these diseases. The physician cannot leave
from empty upon the mind of the patient the violent necessity of
submitting to the indication, and compliance with it, is the most
essential indication to the successful management of dyspepsia.
But to persuade patients to renounce such habits as they have often
indulged in with impunity, is a task which is sometimes very disagreeable
to accomplish. As the advantage to be gained by the practitioner is
increasing the cooperation of the patient is of such immense importance,
he should consider the attainment of it as constituting 'demonstration
given'. Hence, now this he is next to remove such symptoms, and
more especially, continue to increase, to suppress the first
of them is acidity in the stomach. This is one of the most positive and
distressing symptoms of the disease, and also a source of many others
as a morbid sensation in the stomach, a sensation of emptiness
inequality of appetite, flatulency, belching, costiveness, headach, acrid
evacuation, and finally to which may add all the other affections
of the mind as also some other of the dyspepsia, etc. etc. To prevent
the removal of this symptom two things are to be done. The first is
to remove it from the stomach when it, there, ^{is not} ^{is} to become local, and
to prevent its regeneration. The removal, proper, is the
first and most important, but cannot be omitted. One of the most effective

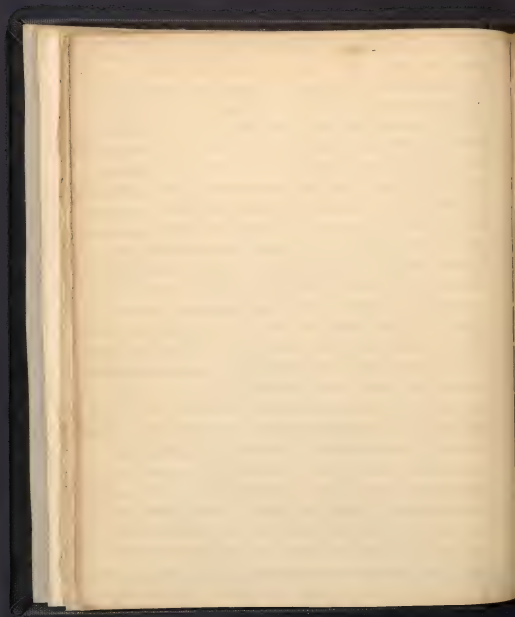


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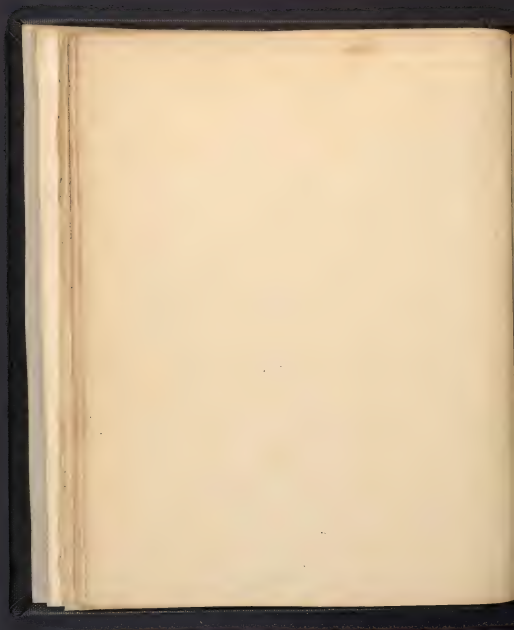




to be taken at one time. There also be attended to the nature of the food
more than in parts of the stomach are directly adapted to the digestion
attending to the nature of the ingesta. The ingesta should be of a nature
from undigested matter. The nature of the food should be
completely suited. The time of taking food should be regulated
according to the appetite, whenever an inclination is manifested
it should always be indulged. It should never be allowed to continue
empty, as by this means the debility which it is our object to relieve
be thereby greatly increased. In the subject of drink, it is proper that
I should make some remarks. Here without limitation I recommend
pure water. It is true that has not been discovered has so
powerful an effect in promoting the process of digestion, or spreading
that tranquillity & serenity throughout the system, & is essential to the
full enjoyment of life as this. Though it be composed of such simple
materials yet there are cases where it is most highly proper.
This is a very torpid or indolent state of the stomach, water used alone
as a drink would aggravate ^{rather than} ~~and~~ remedy the evil. In such cases
also where the patient has previously been attacked with a disorder
of the digestive organs, here is the habit of using wine, brandy or any
other kind of ardent spirit at his meals, it would be highly
advisable to substitute water in ^{the} place. For the stomach is an
highly excitable organ, & when it has been long accustomed to
stimulus of any kind, if it be suddenly withdrawn, it becomes
turbulent & restless, and if not allayed by a gradation of alcohol
it will become tumid & commote. Hence about the system
such persons however in some cases in the practice of medicine
stimulating drinks with their meals. I would recommend that
the stomach be gradually accustomed to water.



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There is the stomach in action. There is often a very troublesome
specific symptom. It appears to be mostly the effect of accumulation
then substance, which is secreted, & is secreted, which is secreted, which is secreted,
to produce other process. It may generally be removed when it is present by
the use of Alkalies, & sometimes it is to be accompanied with the action
of a few drops of the oil of peppermint or of anise dropped on a lump of
loaf sugar & eaten will generally be found to give almost instantaneous
relief.

Cramps are generally more than a large quantity of food
being present in the stomach. The remedy is to be removed, & is to be
removed, & is to be removed, & is to be removed, & is to be removed,
large quantities of simple fruit or beer of such as are more or less
water, produce this symptom. They should be removed by the use of the
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I am not a little surprised, however, to find that some have at different times, in different persons, been successful in its use, as well as in a large number of cases, but as none of them, as far as I am acquainted, have acquired any regulations for this purpose, I deem an enumeration of the unnecessary.

In cases of dyspepsia, where there are symptoms of an affection of the liver, and such case, I believe are not uncommon; moreover, in some of its forms, & in such quantity as merely to touch the gum has often proved a most invaluable remedy. When it is a tubercular case, where every other remedy has failed I have known mercurial friction used with the effect of producing permanent relief. In such case, it should be given in small dose, & persevered in for a considerable time. I might perhaps feel a delicacy in urging the employment of the medicine, had not the high authority of Dr. Keil, Dr. Hahn, & M. Mandl, all of whom bear the strongest testimony of its efficacy, in relieving diseases of the digestive organs. Which of the preparations, generally is best suited for this purpose, I am unable to determine. The preparation which I have seen employed with so much advantage, was Calomel's combination with Rheubarb & Opium. It was generally taken just before the patient went to bed & always had the effect of producing a regular evacuation of the bowels, once in the twenty four hours.

The cases where the employment of this remedy is ^{particularly} indicated are all such as exhibit symptoms of a diseased liver or pancreas, or where the disease has continued for a considerable length of time & where the organs of the parts require some powerful alteration. What would be ^{the propriety of the employment} ~~the propriety~~ in more recent cases of the disease is a question which I am wholly unprepared to answer. I am however to believe however that it would be prejudicial.

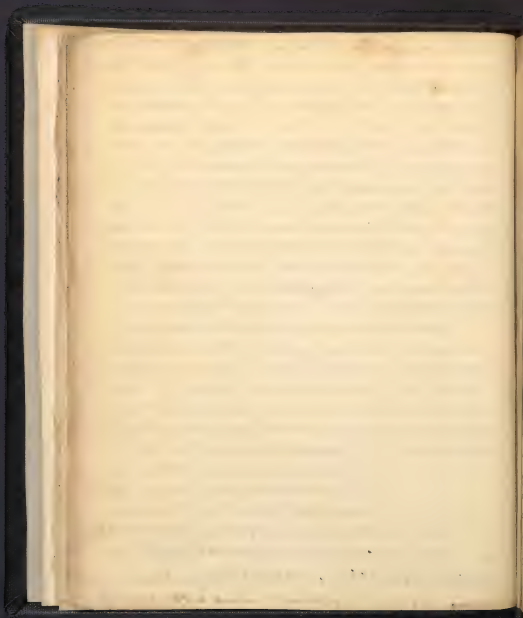


Another remedy which Iverata recommends is blood letting. To it we believe we are indebted for the discovery of this remedy. From the beneficial effects which he has derived from its employment, & from the success which has attended it now by other practitioners, I am inclined to believe that the lancet will in skillful hands, become one of the most powerful instruments that has yet been discovered in subduing this perverse and obstinate disease. The state of the pulse has, & still continues, to be too much overlooked by practitioners in their treatment of this disease. From the irregularity & sometimes, leision of the pulse in diseases of the digestive organs, I am disposed to suspect that there sometimes exists a congestion in the vessels of the stomach. How may not such congestion have existed in this case, where blood letting proved so highly successful? This question solicits a reply from those who have witnessed the case, in which the lancet was used.

I come in the last place to speak of the importance of exercise in removing debility & of increasing the strength & tone of the system. As the state of the mind has such a powerful influence over the operation of the body, & as it is, generally so materially affected in this disease, an attention to the means of counteracting its baneful effects, naturally suggests itself in this place. For as the poet Armstrong has very aptly observed

"To please the fancy is no trifling art;
Mind health is, studies; for whatever moves
The mind with calm delight, promotes the just
And natural movements of the harmonious frame."

is dissipate the gloom which usually overtakes the mind in this disease, cheerful society should be recommended, when the mind might be pleasantly amused without becoming tired or fatigued. Travelling through romantic or well cultivated scenes



will by presenting to the mind a succession of new & interesting objects, have the happiest effect in diverting it from the melancholy thoughts in which it is prone to indulge, & by the exercise with which it is accompanied, will impart strength & vigour to the system. To obtain however the greatest possible benefit from travelling the dyspeptic should procure an intelligent & pleasant companion. Where this is too expensive or where it cannot be conveniently ascertained, riding or a tolerable horse trotting home for several miles, every day, will frequently be found very serviceable.

Sea-bathing has been recommended in some cases, it is said to have been attended with the happiest effects. Of this mode of exercise however I must observe that I do not entertain a very favourable opinion. Because the exercise of the body is in this case merely passive & the mind from having little to occupy it would naturally incline to dwell upon the disease & by this means aggravate instead of alleviating its symptoms. Another objection of greater force is the contumax which usually attends most persons when at sea.

When convenient, cultivating a small garden will be found a very agreeable way of taking exercise. If the patient can be so much engaged, or so fully ~~occupied~~ interested in the success of his labours I am persuaded that it would prove one of the most successful means that has been ^{yet} suggested in removing chronic debility of the stomach. Walking pretty briskly for a mile or two every day, is in some cases very useful. Walking, sailing or splashing wood is a very excellent way of exercising the body. In cases when from the badness of the weather or other causes the patient cannot take exercise in the open air, there is a play-baller ball

door, that affords a very pleasant exercise, and is to be particularly recom-
mended from its exciting a little interest & solicitude in the mind, without
producing any demoralizing effect. The manner in which this is played
is so familiarly known to most persons, as to render any description
unnecessary. There are a great many other means of taking exercise
which may be resorted to with advantage, which have not been here
noticed, & which may be found described by different authors.

In employing exercise of any kind, care should be taken, never
to carry it to the extent of inducing fatigue, it should likewise never
be used when the stomach is empty, as prejudicial effects would
thereby be induced. Whatever be the mode of exercise, the patient
should always be attentive in keeping the feet warm & dry. The
time most proper for taking exercise, is about two hours after taking
breakfast & about the same time after dinner.

With this I conclude the subject, being fully aware that a
great deal more might be said upon the nature & treatment of this
disease which has not been noticed in this essay. As the fluctuating
state of my health has prevented me from investigating the nature
of this disease so extensively, as I could have wished, or of arranging
what I had collected on the subject in the system & order that was
intended, I submit the essay with all its omissions & imperfections,
relying much upon the candour & liberality of those by whom it is
to be judged.

